



和景華人聯誼會
CHINESE ASSOCIATION OF WOKING

关于 CCP 组织的活动预告
CCP Notice

2017年5月2号星期二將举行学跳健美操活动，邀请庞老师来教大家跳一套集舞蹈、瑜伽、武术一体的健亦美健身操，欢迎有兴趣朋友参加。让我们一起学跳起来，有益身体健康。

2nd May 2017 Tuesday: CCP has organised a Sino-Zumba session. Dance teacher, Ms Pang, will show us how to keep fit with a dance routine which is a mixture of yoga and martial art. Both members and non-members are welcome to come along and dance!

收费：会员每人两镑，非会员每人三镑。欢迎大家带拿手小菜来聚餐，凡未带美食者，每人多交三镑。

Costs: Member £2 each Non-Members £3 each. Please bring a main course along to share with the group. Those who are unable to bring any food along will either pay an additional £3 per person towards the cost of food provided by CCP.

Programme 节目时间表:

10:30am	CCP opens	活动开始
11:00am - 12:30pm	Dance session	健美舞蹈
12:30pm - 2:00pm	Lunch	午餐
2:30pm	CCP closes	活动结束

地点/Venue: Old Woking Community Centre, Sundridge Road, Woking GU22 9AT

联络人/Contact :

孔繁紅/Fanhong Kong or Adela Shum ccp@cawoking.org.uk or via CCP wechat group